



The power to amaze yourself®

**Breast Cancer Awareness can have
positive effects on your whole body.**

Bring in
proof of a
mammogram
and join
for free.*



The week of October 16th only, Curves is waiving the service fee when you bring in a current mammogram.

(517) 367-7882
216 S. Washington Square, Ste. B
Lansing, MI 48933

*Offer based on first visit enrollment, minimum 12 mo. c.d. program.
Not valid with any other offer.

With proof of a mammogram within the last 12 months, Curves will waive the normal service fee of \$149. This promotion is during the week of October 16th only.

New-members must sign up on the 12 month check draft program in order to receive this discount.

Curves features the hour and a half workout in just 30 minutes. It is a total body workout providing strength training and cardio, using hydraulic equipment set up in a circuit.

Rotate around the circuit utilizing each station for 30 seconds. This program is very effective for fat burning and building muscle which in turn burns calories. Lose weight and inches!